

# Six Tips To Help Prevent Falls

More than one in four people age 65 years or older fall each year, yet many falls can be prevented.

Talk with your health care provider about medication side effects

Make your home safer by using night lights, installing grab bars in the bathroom, and securing carpet to the floors

Stand up slowly to avoid dizziness

Do strength and balance exercises

Get your vision and hearing checked regularly

Use a cane or walker if you need more stability

Learn more about reducing your risk of falling at [www.nia.nih.gov/falls-prevention](http://www.nia.nih.gov/falls-prevention).

# Falls In The Elderly

**Rein Tideiksaar**



## **Falls In The Elderly:**

## Unveiling the Energy of Verbal Artistry: An Emotional Sojourn through **Falls In The Elderly**

In some sort of inundated with monitors and the cacophony of instant transmission, the profound power and mental resonance of verbal art frequently disappear in to obscurity, eclipsed by the regular barrage of noise and distractions. Yet, set within the lyrical pages of **Falls In The Elderly**, a interesting function of fictional elegance that pulses with fresh feelings, lies an wonderful journey waiting to be embarked upon. Composed by way of a virtuoso wordsmith, this enchanting opus instructions readers on a psychological odyssey, delicately exposing the latent potential and profound affect embedded within the complex internet of language. Within the heart-wrenching expanse of the evocative examination, we can embark upon an introspective exploration of the book is key subjects, dissect their interesting writing model, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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